result from **Chronic** disease and injury.

Chronic Disease and **Injury Section**

> North Carolina Division of Public Health

The FIVE leading causes of death in North Carolina:

Cancer

Heart Disease Chronic Lung Disease

Stroke

Injury and Violence

Many of these deaths are due to preventable causes such as tobacco use, physical inactivity and **poor nutrition**.

The Chronic Disease and Injury Section uses effective strategies to reduce the burden of chronic disease and injury across the life span.

In North Carolina...

PROBLEM

16% of 10to 17-year olds are obese.



RESPONSE

Through **Active**

Routes to School, we encourage physical activity by partnering with the N.C. Department of Transportation to create safe walking and biking routes to and from school.

ACTIVE

From 2013 to 2014, the number of schools registered for Walk to School Day events through Active Routes to School

nearly doubled,

IMPACT

84 to 157

increasing from

27% of middle and high school students are exposed to secondhand **smoke** in the home.



Through our smoke-free multi-unit housing initiative, we provide technical

assistance to help housing management companies adopt smoke-free policies.



From 2013 to 2014, the percent of affordable housing properties that **went** smoke-free increased from

16.5% to 27.9%

Youth and young adults ages 10-24 have the highest rates of self-inflicted injury requiring hospitalization or a visit to an emergency department.



Through It's OK 2 Ask,

we raise awareness about suicide prevention, and we train youth and individuals who interact with youth to recognize and respond

to the warning signs of suicide.



From 2009 to 2014, we provided suicide prevention and related trainings to over **2,400**

individuals, the majority of whom were **school** staff members.

students report ever having been physically forced to have



Through the **N.C. Rape Prevention** and Education **Program**, we fund local agencies to develop sexual violence prevention policies

and provide training and education in their communities.



From 2012 to 2013, we provided over **1,800** educational sessions on sexual

violence prevention to nearly **13,000** students in N.C. schools.

Alcohol is involved in 1/3

of fatal motor

vehicle **crashes**.

sexual intercourse.



Through the **Breath Alcohol Testing Mobile** Unit Program,

of its kind, we utilize six specialized vehicles to process impaired drivers at DWI checkpoints.

the nation's largest program



Breath Alcohol Testing Mobile Units have been used at more than 3,000 DWI

Since October 1996, the

checkpoints, resulting in nearly **16,000** arrests.

adults are overweight or obese. **Excess**

More than 6 in 10

weight in adults costs over \$17.6

billion each year in medical costs and lost productivity.



Through Eat Smart, Move More, Weigh Less,

we partner with NC State to offer real-time, online classes that help North Carolinians make smart choices about nutrition and physical activity.



Since 2008, over 14,000

North Carolinians have participated in the program.

7 out of 10 participants maintained weight lost during the program or lost additional weight after the program ended.

Tobacco use

is the leading cause of preventable death, responsible for more

deaths each year. For each death, 30 more people are sick or disabled.



Through QuitlineNC, 1-800-QUIT-NOW,

we provide a free and confidential phone service staffed by expert coaches to help North Carolinians quit using tobacco.



Current funding allows us to reach 1%

of North Carolina's 1,540,000 tobacco users.

Diabetes results in

617,000 missed days of work per year among adults.

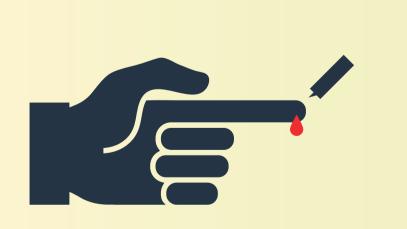


N.C. Diabetes Education Recognition Program,

Through the

to diabetes self-management education and training.

we increase access



Since 2006, more than 7,000 people with

diabetes have been educated and trained in 48 counties.

4 in 10

North Carolinians will develop cancer

during their lifetime.



Through the **N.C.**

Comprehensive **Cancer Control Plan**, we address

prevention, early detection, care and treatment. Through the **Breast** and Cervical **Cancer Control**

Program, we screen

for breast and cervical cancer.



North Carolina

From July 2013 through June 2014,

more than

breast and cervical

13,000 women received

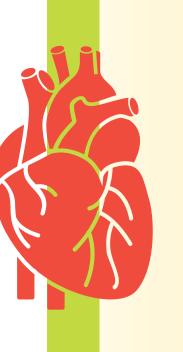
screenings at 93 local health agencies.

Heart disease and stroke are responsible for

1 out of every 7

accounting for over \$5 billion in hospital charges each year.

hospital admissions,



Through N.C. WISEWOMAN,

and counseling to improve cardiovascular health. Through the N.C. Stroke Care

Collaborative,

we improve the quality

of acute stroke care.

we offer screenings

north carolina Ctroke Care llaborative In 2012, **over**

22,000

individuals with stroke were treated in hospitals participating in the N.C. Stroke Care Collaborative program. This accounted for **75% of all**

www.publichealth.nc.gov/chronicdiseaseandinjury

References available upon request.

stroke

admissions.





